106. (amended) A method of high-speed processing a composite core comprising the steps of:

a. providing a plurality of fiber tows;

b. guiding the fiber tows through a wet-out system filled with resin to form resin impregnated fiber tows;

c. using a B stage oven and two or more dies spaced apart to shape and compact the resin impregnated fiber tows, wherein the B stage oven maintains the resin impregnated fiber tows in a semi-cure stage and wherein, the two or more dies shape and compact the resin impregnated fiber tows; and

d. curing the composite core member.

107. (amended) A method of high-speed processing a composite core comprising the steps of:

a. providing a plurality of fiber tows;

b. guiding the fiber tows through a wet-out system filled with resin;

c. using a B-stage oven and two or more dies spaced apart to shape and compact the fiber tows, ~~A method according to claim 106,~~ wherein at least one of the dies is a plate having a plurality of passageways wherein the orientation of the passageways is determined by the desired cross section configuration of the composite core[[.]]; and

d. curing the composite core member.

108. (original) A method according to claim 106, wherein at least one of the dies is a bushing.

109. (original) A method according to claim 106, wherein the wet-out system comprises a system to aid in wetting the fibers.

110. (original) A method according to claim 106, wherein the wet-out system is a wet-out tank.

111. (original) A method according to claim 106, wherein shaping and compacting the fiber tows further comprises:

a. guiding the fiber tows into a first B-stage temperature oven;

b. guiding the fiber tows into a second B-stage temperature oven comprising a plurality of bushings wherein each bushing comprises a plurality of passageways;

c. guiding the fiber tows through the bushings and the passageways; and

d. using the bushings to form the composite core.

112. (original) A method according to claim 111, wherein the first B-stage temperature oven is in the range of about 150° F to about 350° F.

113. (original) A method according to claim 111, wherein the second B-stage temperature oven is in the range of about 150° F to about 350° F.

114. (original) A method according to claim 106, wherein the step of curing the composite core further comprises:

a. guiding the composite core through a curing oven wherein a temperature of the curing oven is in the range of about 300° F to about 400° F;

b. guiding the composite core through a cooling zone wherein a temperature of the cooling zone is in the range of about 30° F to about 100° F;

c. guiding the composite core through a post-cure oven wherein a temperature of the post-cure oven is in the range of about 300° F to about 400° F; and

d. guiding the composite core through a cooling zone wherein the core is cooled by air to bring a temperature of the core into the range of about 120° F to about 180° F.

115. (original) A method according to claim 106, wherein the method of processing has a maximum processing speed above 6 ft/min.

116. (original) A method according to claim 115, wherein the maximum processing speed is within the range of about 9 ft/min to about 60 ft/min.